

J. D. "Danny" Diggs, Sheriff
The York – Poquoson Sheriff's Office
Sponsors a R.A.D. class for citizens of
York County and the City of Poquoson



R.A.D. SYSTEMS

The National Standard in Self Defense Education(tm)

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Our courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our *free lifetime return and practice policy* for R.A.D. graduates.

The course consists of four classes, which will be held on Sept. 26th, Oct. 3rd, Oct. 10th, Oct. 17th, from 6pm to 9pm. They will be held at Yorktown Elementary School (Gym)
131Siege Lane off Route 17 by York High School.

This registration form can be mailed or faxed to the
York – Poquoson Sheriff's Office, P.O. Box 99, Yorktown, Virginia 23690
Attn: Deputy R. Simms
Fax # (757) 890-3649

If you have any questions please feel free to call the Sheriff's Office at (757) 890-3630 and ask to either speak to or leave a message for Deputy Simms.

Space is very limited – FIRST come FIRST serve basis

Name _____

Address _____

City _____ Zip _____

Day Phone _____ Evening Phone _____